

Yala Peak Climbing - 14 Days

Yala Peak Climbing, at a height of 5520 m, is an excellent destination, especially for beginners, and is located just north of Kathmandu Valley. Climbing Yala Peak includes trekking through the deep forest and numerous traditional towns of the Langtang area. The base camp of Yala Peak is located at a height of 4500 meters and offers spectacular views of Langtang Lirung, Lenpo Gang, Dorje Lakpa, and the giant Sishapangma on the Tibetan side.

Planning:

Planning for Yala Peak Climbing involves meticulous preparation across various aspects to ensure a safe and fulfilling expedition. Commence by researching the peak's specifics, including elevation, difficulty, and ideal climbing periods, typically between April to May and September to November. Acquire comprehensive knowledge about permits, regulations, and fees necessary for this venture. Prioritize physical fitness through cardiovascular exercises, strength training, and hiking to endure the demanding trek. Create a detailed gear checklist, encompassing essential climbing equipment such as clothing, boots, harnesses, helmets, ice axes, crampons, ropes, and camping gear, ensuring their quality and proper fit. Engage a local guide or join an organized expedition for guidance and safety assurance, while securing essential permits like TIMS and climbing permits. Organize transportation from Kathmandu to the trek's starting point, considering accommodation options and acclimatization needs en route to Yala Peak. Factor in safety measures, weather monitoring, and environmental consciousness, adhering to "Leave No Trace" principles. Before departure, conduct a final equipment check, validate permits, and stay updated on any last-minute changes for a successful and gratifying Yala Peak climbing experience.

The best time to do the Yala Peak Climbing:

The ideal seasons for embarking on a Yala Peak climbing expedition in Nepal are the spring months of April to May and the autumn season from September to November. These periods offer climbers the most favorable weather conditions and optimal circumstances for success. During spring, the weather is stable with clear skies, warmer temperatures, and minimal rainfall. The landscape is vibrant with blooming flora, adding to the picturesque scenery along the trek. Conversely, autumn follows the monsoon season and provides clear skies, moderate temperatures, and dry trails. The lush greenery left by the monsoon enhances the beauty of the surrounding area, offering stunning vistas for climbers. Both seasons offer excellent visibility, aiding navigation and providing breathtaking views of the Langtang region. While these seasons are generally the best for climbing Yala Peak, it's crucial to remain updated on current weather forecasts and conditions before undertaking the expedition. Ultimately, the choice between these seasons may depend on individual preferences and the desired experience during the climb.

Yala peak Climbing is highly discouraged during Monsoon(June-July) and Winter(November-December) seasons as the monsoon season brings mud and slippery paths while in winter, it is too cold for the mountain reasons which makes it not suitable for trekking.

Foods and Accommodations:

Throughout the journey of Yala Peak climbing, accommodation, and food options transition as you traverse different altitudes. The initial stages of the trek, starting from villages like Syabrubesi, offer teahouses or lodges. These

establishments provide basic lodging with shared rooms and amenities, including shared bathrooms and communal spaces. Meals in these teahouses typically consist of local dishes like dal bhat, noodles, rice, and vegetables. As the ascent progresses towards higher altitudes and closer to Yala Peak Base Camp, the availability of established lodges decreases. Camping becomes more common in these areas, necessitating the carrying of camping gear or arrangements through a trekking agency. Meals during camping are often prepared by accompanying guides or cooks and might entail a broader variety, although preferences and dietary requirements should be communicated beforehand. The food variety might reduce at higher elevations, and trekkers are advised to carry energy bars, snacks, and water purification tools for emergencies or when food options become limited. Adapting to varying accommodation and food options along the route is part of the adventure, and preparation and communication with trekking companies or guides can help ensure a more comfortable and accommodating experience during the Yala Peak climb.

Transportation:

Gongabu Bus Park in Kathmandu is where most people catch a local bus to get to Syabrubesi, the starting point of the Langtang Trek. The bus ride usually lasts 9-10 hours, depending on the road conditions, and provides beautiful views throughout the journey.

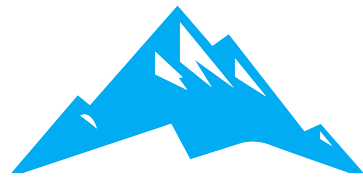
For those seeking a more comfortable or quicker alternative, a private vehicle can also be arranged. Upon arrival at Syabrubesi, the trek will commence on foot, leading through picturesque forests, villages, and landscapes towards Yala Peak Climbing.

Necessary Permits & TIMS:

In order to commence a journey to the Yala Peak Climbing in the Langtang region of Nepal, it is essential to obtain the necessary permits. These include the Langtang National Park permit, climbing permits, and a TIMS card. These permits are of utmost importance as they ensure the safety of trekkers, monitor their movements within the area, and support local conservation efforts. The Langtang National Park permit is specifically compulsory for trekking in the Langtang region, while the TIMS card serves as an additional requirement for trekking in Nepal, assisting authorities in maintaining a comprehensive record of trekkers for safety purposes.

Necessary documents for Permits:

- You will only need your valid passport photocopy (validity of 6 months).
- Passport-size photos 2p.
- Travel insurance papers (includes helicopter evacuation of up to 6000m)



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PRICE INCLUDES

- Two night Deluxe hotel in Kathmandu.
- Kathmandu –Shyabrubesi-Kathmandu transport.
- Included Garbage disposal charge.
- Langatang National Park Entry Permit.
- One climbing guide (Sherpa) among two members.
- All Ground transport as per the itinerary.
- All standard Meals (Breakfast , Lunch and Dinner) throughout the trek and climb.
- Breakfast in Kathmandu.
- Accommodation in lodge during the trek and basic camping arrangement during climbing.
- A porter for every two passengers (please make your bag 15 kg and around)
- Insurance for every staff.
- Yala Peak Climbing Map.
- Emergency Helicopter rescue arrangement if in case ((pay by your travel insurance) in the worst case only).
- Sleeping, bag down jackets if you do not have your own, to be returned after the trip.
- First Aid Box carried by the porter.
- Seasonal Fruits throughout the trek.
- Medical supplies, first aid kit box, including Oximeter and pulse meter checker.
- All other government taxes and expenses

PRICE EXCLUDES

- Personal clothing, gear and climbing equipment.
- Personal accident insurance, emergency evacuation cost, oxygen, medical box.
- Alcoholic beverage, laundry and tips.
- Extra night Hotel accommodation and sightseeing tour in Kathmandu (available as per your choice)

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu

Your adventure begins with your arrival in Kathmandu, the vibrant capital city of Nepal. Upon arrival, you will be greeted by our team and transferred to your hotel. Take the remainder of the day to relax and recover from your journey, soaking in the atmosphere of this culturally rich city.

Day 2: Sightseeing In Kathmandu

Today is dedicated to exploring the cultural treasures of Kathmandu Valley. Embark on a guided sightseeing tour to UNESCO World Heritage Sites such as Swayambhunath Stupa, Pashupatinath Temple, Boudhanath Stupa, and Kathmandu Durbar Square. Immerse yourself in the rich history, architecture, and spirituality of these iconic landmarks.

Day 3: Drive to Shyabru Besi

After breakfast, embark on a scenic drive from Kathmandu to Syabrubesi, a picturesque village located at the starting point of your trek. Enjoy breathtaking views of the Himalayan landscape as you journey through winding mountain roads. Upon reaching Syabrubesi, settle into your accommodation and prepare for the trek ahead.

Day 4: Trek to Lama Hotel

Begin your trekking adventure by following the trail alongside the Langtang River, passing through lush forests and charming villages. Trek to Lama Hotel, a cozy stopover nestled amidst the serene natural surroundings of the Langtang region. Enjoy a warm meal and a restful night's sleep in preparation for the days ahead.

Day 5: Trek to Langtang Village

Continue your trek towards Langtang Village, traversing through scenic landscapes adorned with rhododendron forests and alpine meadows. Along the way, catch glimpses of the towering peaks of the Langtang Himalayas. Arrive at Langtang Village, a vibrant settlement inhabited by friendly locals, and immerse yourself in the unique culture and traditions of the region.

Day 6: Trek to Kyangjin Gompa

Embark on a picturesque trek to Kyangjin Gompa, a renowned Buddhist monastery nestled amidst the majestic Himalayan peaks. Follow the trail as it gradually ascends, offering breathtaking views of snow-capped mountains and glacial valleys. Upon reaching Kyangjin Gompa, take in the tranquil atmosphere and explore the monastery and surrounding areas.

Day 7: Rest in Kyangjin Gompa/Exploration Hike

Take a well-deserved rest day in Kyangjin Gompa to acclimatize to the high altitude and rejuvenate your body for the challenges ahead. Alternatively, embark on an exploration hike to nearby vantage points or visit the famous Cheese Factory, where you can sample delicious local cheeses made by the monks.

Day 8: Climb to Yala Peak Base Camp/Tented Camp

Begin your ascent towards Yala Peak Base Camp, situated at an altitude conducive to further acclimatization and preparation for the summit push. Set up camp at the Base Camp, surrounded by stunning Himalayan vistas, and spend the night under the starlit sky, anticipating the adventure that lies ahead.

Day 9: Base Camp - Climbing Clinic Practice and Acclimatization

Today is dedicated to honing your climbing skills and acclimatizing to the high altitude conditions. Engage in a climbing clinic practice session led by experienced guides, where you'll learn essential techniques and safety procedures for the summit climb. Take ample rest and acclimatization breaks to ensure your readiness for the summit attempt.

Day 10: Summit Day - Yala Peak (5500m) and Return to Kyangjin Gompa

Rise early before dawn to embark on the exhilarating ascent towards the summit of Yala Peak, standing at an impressive height of 5500 meters. Equipped with necessary climbing gear and under the guidance of expert Sherpa climbers, navigate through rocky terrain and snow-covered slopes towards the summit. Reach the summit of Yala Peak, where you'll be rewarded with panoramic views of the Langtang Himalayas and beyond. Descend carefully back to Kyangjin Gompa, celebrating the successful summit and cherishing the memories of the climb.

Day 11: Trek to Lama Hotel and Syabrubesi

Bid farewell to Kyangjin Gompa as you begin your descent towards Lama Hotel and eventually Syabrubesi. Trek through familiar trails, relishing the breathtaking mountain scenery one last time. Upon reaching Lama Hotel and Syabrubesi, unwind and reflect on the incredible journey you've undertaken over the past few days.

Day 12: Trek to Sayabrubesi

Continue your descent towards Syabrubesi, the final destination of your trek. Follow the trail as it winds through picturesque landscapes, passing through quaint villages and terraced fields. Arrive at Syabrubesi, where you'll spend the night, reminiscing about the experiences and adventures of the past days.

Day 13: Drive to Kathmandu

Conclude your Yala Peak climbing expedition with a scenic drive back to Kathmandu. Bid farewell to the mountains as you journey through winding mountain roads, enjoying the last glimpses of the majestic Himalayan peaks. Upon reaching Kathmandu, transfer to your hotel and take the remainder of the day to relax and reflect on the unforgettable memories created during your trek.